



SUNDAY, JUNE 27, 2021

Find the One True Answer To Any Painful Question

Key Lesson: Contemplation is sustained attention on a question the heart holds in its keeping, knowing full well, that the mind – of itself – cannot answer. This form of sustained conscious inquiry is the ground of true meditation: it is creation aware of itself.

Talk Takeaways

- True ideas interfere with the agenda of what is untrue.
- We are taught early in our lives that we should know the answer to every question. Otherwise there will be a punishment.
- We believe that the sooner we can answer the urgent question our mind is asking, the sooner we will be released from the pain of not knowing.
- The pain is in the question itself because the question is coming from a consciousness that is resisting the moment. The question comes from resistance to anything that threatens our identity.
- The world is in conflict because the consciousness is in conflict.
- If the answers we give to ourselves were genuine, then we would be released from useless suffering.
- The answer to what is going on inside of us is to SEE what is going on inside of us.

- Questions that are being asked by the mind that is trying to escape from pain are questions that are born out of conflict.
- No moment of itself has ever asked, "What are you going to do about that?" It is the consciousness resisting the moment that asks that question.
- Life is not asking you questions. It is giving you answers.
- No moment asks for anything other than our complete attention. Life is asking you to sacrifice the question, which is also sacrificing the questioner.
- There is a ceaseless conflict in the mind that is divided, in which the observer believes that he or she is separate from what is observed.
- Where did we get the idea that it is comfortable to die to yourself? Your belief that you need a ridiculous level of comfort is killing your higher possibilities.
- If you do not know that you are having an inner dialog with yourself, then who is talking? If you don't know that a question has come into your mind, then who is asking and answering the question? It is a machine.
- Stop believing that your mind is going to figure this out. God's life is beyond all understanding. When the observer is the observed, then there is participation, which is beyond the consciousness that is trying to figure it out.